

# My Baby at 6 months



## Infant Vaccines



Six month vaccines:

- DTaP
- Polio
- Hib
- Hepatitis B
- Pneumococcal
- Rotavirus - oral
- Influenza

Making sure I receive my shots protects me from getting diseases that can cause serious illness.

- ✓ Call my health care provider or health department (231)995-6131 to make an appointment for my six month shots.

### Show me love by...

- Allowing me to have playtime on the floor to strengthen my muscles for rolling, crawling and sitting.
- Giving me a safe place to explore.
- Giving me blocks, containers, or toys of different colors and shapes to play with.
- Repeating baby sounds with me and making new ones like mama, dada, and bye-bye.
- Giving me books to explore and look at.
- Letting someone I know hold me when I'm afraid.
- Showing me lots of love and praise.
- Use gentle but firm guidance when I get into things I shouldn't, like moving me to another spot.

### You can take care of my oral health by...

- Wiping my teeth and gums with a soft cloth to remove plaque.
- Feeding me before I go to bed. Putting me in bed with a

### By the 6th month...

- ♥ Your baby is very busy and needs to explore.

### Watch me grow! I can...

- Gain 1 lb. per month.
- Grow about 1/2 inch each month.

### What I need...

- To continue breastfeeding or take about 29-40 ounces of formula per day.
- To be held and cuddled during feedings.
- To start with rice cereal mixed with 1-2 tablespoons of formula or breast milk. Then move on to oats, barley wheat or mixed cereals. I can eat 4-6 tablespoons of cereal a day from a spoon!
- To be fed with a spoon. Avoid cereal in my bottle.
- To be fed the same fruit or vegetable for 5 days in a row before starting a new one.
- Start offering small sips of water from a small, open mouthed cup.

### Don't forget... I can

- Sleep for long periods at night and still take naps. It's important to keep me on a bedtime and naptime routine.
- Play in my crib before settling down to sleep.
- Start eating solid foods if I have doubled my birth weight and can sit supported.
- Start drinking small amounts of juice in a sippy cup.
- Have changes in stool consistency, color and frequency with the introduction of solid foods.

### Keep me safe...

- Never leave me alone in the bathtub.
- Put covers on electrical outlets.
- Keep cleaners and medicines out of my reach.
- Use safety gates at the top and bottom of the stairs.
- Never leave me in a parked car alone.

## Exploring my world . . . I can

- Roll from my tummy to my back and my back to my tummy.
- Sit alone or with support.
- Reach for and hold objects and toys.
- Laugh, squeal and babble.
- Respond to sounds with sounds.
- Be afraid of people I don't know.
- Know the difference between angry and friendly voices.

## Hey! CHECK ME OUT!

### *Have you seen me . . .*

- ✓ Feed myself
- ✓ Look for toys or objects that are out of my sight (cover and uncover something)
- ✓ Pass an object from one hand to another
- ✓ Say "dadada" or "bababa"



## The Path to Reading...

6 months

### You can:

- ★ **Let** your baby explore books. Right now, books are like toys. Babies love to teethe on them and handle them roughly at first. This helps them learn what books are all about.
- ★ **Re-read** the same stories. Babies love to hear them over and over again.
- ★ **Name** and point to things while out on a walk or doing simple tasks like folding laundry. This helps your baby learn that objects have names.

**Book Corner:** Books with sturdy pages are easy to prop up so baby can see them. Chunky board books are fun for baby to touch and taste. Babies like books with photos of familiar objects like balls and bottles or even other babies.

## Check out these websites for FREE info!



WIC Website for Feeding Information  
[www.wichealth.org](http://www.wichealth.org)



Your Child—General Health information:  
<http://www.med.umich.edu/yourchild/index.htm>



**POISON CONTROL**  
Available 24 hours a day  
7 days a week  
**1-800-222-1222**



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Check out [www.gtchd.org/1973](http://www.gtchd.org/1973) for additional resources for moms, dads, and babies.